

# COPD - Adult Asthma

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## Pulmonary Rehabilitation and COPD

Your healthcare provider may advise that you take part in pulmonary rehabilitation or “rehab”. This is a program that helps you learn to exercise and manage your disease with physical activity and counseling. It can help you stay active and carry out your day-to-day tasks.

### Lifestyle Changes

*Lifestyle changes such as quitting smoking can help you manage the effects of COPD.*

## Physical Activity Training when you have COPD

Your healthcare provider or a pulmonary therapist recommended by your healthcare provider, might teach you some activities to help your arms and legs get stronger and/or breathing exercises that strengthen the muscles needed for breathing.

## Oxygen Treatment for COPD

If your COPD is severe, your healthcare provider might suggest oxygen therapy to help with shortness of breath. You might need oxygen all of the time or just some of the time. Your healthcare provider will work with you to learn which treatment will be most helpful.

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## Senior Health and COPD

If I am diagnosed with COPD, will I be able to continue exercising?

If you have not been exercising regularly, you should get the advice of your healthcare provider before starting. The symptoms of COPD are different for each person. People with mild COPD may not have much difficulty walking or exercising. As the symptoms of COPD get worse over time, a person may have more difficulty with walking and exercising. You should talk to your healthcare provider about exercising and whether you would benefit from a pulmonary or lung rehabilitation program.



## Asthma Facts

- ◆ Anyone can have asthma at any age.
- ◆ Asthma is more common among African-Americans. In Kentucky, 14.2 % of African-Americans have asthma compared to 9.3 % of Caucasians. Also, African-Americans are four times more likely to die from asthma-related illness than Caucasians.
- ◆ Asthma-related hospital and emergency room visits can be decreased or eliminated, when appropriate treatment and management are used.
- ◆ Asthma affects everyone differently. Everyone with asthma does not have the same triggers or the same types of triggers. Certain things may cause symptoms for each person. Their environment can increase the risk of an asthma problem or attack. Asthma can be well managed and allow a person to take part in their normal, daily activities.
- ◆ The successful management and control of your asthma will result in:
  - ◆ better quality of life
  - ◆ decreased asthma attacks
  - ◆ fewer visits to the emergency room
  - ◆ fewer hospitalizations
  - ◆ fewer missed school or work days



## Smoking with Asthma

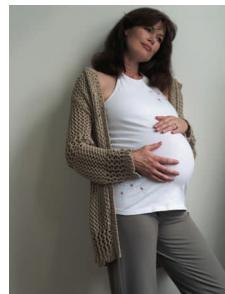


A person with asthma has airways that are more sensitive to triggers; cigarette smoke increases

the irritation and can cause an asthma attack. Cigarette smoke also damages tiny hairs found in the airways, called "cilia", which normally keep the airway clear. As a result, people with asthma that smoke do not have good control of their asthma and may have continuing asthma symptoms.

Source: Kentucky Department for Public Health/Tobacco Prevention and Cessation Program

## Smoking during Pregnancy



If a pregnant woman has asthma, smoking during pregnancy can increase the mother's risk of having an asthma episode or attack, which decreases the oxygen supply to the baby. Additionally, smoking during pregnancy can increase the child's risk of developing asthma by age five, especially if both the mother and mother's mother smoked during pregnancy.

Source: Kentucky Department for Public Health/Tobacco Prevention and Cessation Program

# Asthma Action Plan

(Ask your healthcare provider if he or she wishes to help you use this page.)

Asthma Action Plan for \_\_\_\_\_

Date \_\_\_\_\_

Healthcare Provider's Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Hospital/Emergency Room Phone Number \_\_\_\_\_

## GREEN ZONE: Doing Well

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

**And, if a peak flow meter is used,****Peak flow:** more than \_\_\_\_\_  
(80% or more of my best peak flow)

My best peak flow is: \_\_\_\_\_

### Take These Long-Term-Control Medicines Each Day (include an anti-inflammatory)

Medicine	How much to take	When to take it

### Before Exercise

\_\_\_\_\_  2 or  4 puffs      5 to 60 minutes before exercise

## YELLOW ZONE: Asthma is Getting Worse

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

**OR****Peak flow:** \_\_\_\_\_ to \_\_\_\_\_  
(50% - 80% of my best peak flow)*Add: Quick-Relief Medicine-and keep taking your GREEN ZONE medicine*

\_\_\_\_\_  2 or  4 puffs, every 20 minutes for up to 1 hr  
(short-acting beta<sub>2</sub>-agonist)  Nebulizer, once

If your symptoms (and peak flow, if used) *return to GREEN ZONE* after 1 hour of above treatment:

- Take the quick-relief medicine every 4 hours for 1 to 2 days.
- Double the dose of your inhaled steroid for \_\_\_\_\_ (7-10) days.

**OR**

If your symptoms (and peak flow, if used) *do not return to GREEN ZONE* after 1 hour of above treatment:

- Take: \_\_\_\_\_  2 or  4 puffs or  Nebulizer  
(short-acting beta<sub>2</sub>-agonist)
- Add: \_\_\_\_\_ mg. per day for \_\_\_\_\_ (3-10) days  
(oral steroid)
- Call your healthcare provider  before /  within \_\_\_\_\_ hours after taking the oral steroid.

## RED ZONE: Medical Alert!

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in Yellow Zone

**OR****Peak flow:** less than \_\_\_\_\_  
(50% of my best peak flow)

### Take this medicine:

\_\_\_\_\_  4 or  6 puffs or  Nebulizer  
(short-acting beta<sub>2</sub>-agonist)

\_\_\_\_\_ mg.  
(oral steroid)

**Then call your healthcare provider NOW.** Go to the hospital or call for an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your healthcare provider.

## DANGER SIGNS

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue
- Take  4 or  6 puffs of your quick-relief medicine AND
- Go to the hospital or call for an ambulance (\_\_\_\_\_) **NOW!**



Cabinet for Health and Family Services  
KyHealth Choices  
Medical Management and Quality Assurance  
275 E. Main Street, 6C-C  
Frankfort, Kentucky 40621

## **COPD** **(Chronic Obstructive Pulmonary Disease)**

**It all begins with you:**

- Start today.
- Be your own advocate—ask questions and seek information.
- Talk with your healthcare provider about your risks, such as smoking and other exposures.
- Tell your healthcare provider about any symptoms.
- Write down a list of questions.